AMENDMENTS TO THE CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in the application:

LISTING OF CLAIMS:

1-19. (canceled)

20. (new) Braking system (S), intended to be fitted to a mechanism, with one or more rotating members (34), comprising a toothed wheel (6), connected rotationally with respect to at least one rotating member (34) to be braked, and a worm (8), driven rotationally by a motor (5) upon the rotation of the rotating member (34), this worm (8) being permanently in mesh with the toothed wheel (6); characterized in that the worm (8) is contained in a bore with a diameter close to that of the worm (8), wherein the system comprises specific energy absorption/dissipation means (10, L, 12; 13 to 16; 19 to 21), in addition to the teeth of the wheel (6) and the thread of the worm (8), said specific energy absorption/dissipation means comprise a sliding mounting of the worm in the bore and energy absorption/dissipation means (10, L, 12) associated with this worm (8) and actuated by it upon its sliding, said associated energy absorption/dissipation means comprise:

- a liquid (L) contained in the space delimited by at least one piston (8a), against which one end of worm (8) comes to bear, and the walls of the part (1) delimiting the bore, and

- one or more paths for this liquid (L) to escape upon the sliding of the worm (8), this or these paths having sections suitable for allowing the liquid (L) to escape only over a non-instantaneous time interval, said one or more paths comprise means (15) for adjusting the flow of liquid (L), and the means (15, 61, 62) for adjusting the flow rate of the liquid (L) comprise a ring (60) secured to the worm (8), a tubular member (61), engaged adjustably through this ring (60) and a rod (62) engaged adjustably in the tubular member (61), the tubular member (61) and the rod (62) having radial holes (67, 68, 73, 74) communicating with each other, the rod (62) having grooves (76) extending in the circumferential direction and of variable depth, and being adapted to be disposed in a predetermined angular position relative to the tubular member (61).